

APRIL 2016 - GROUP EXERCISE SCHEDULE

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

UPDATED SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
6:15-7:15am ★POWER SCULPT Rachel E (30)		6:15-7:15am ★POWER SCULPT Rachel E (30)			7:15-8:15am POWER SCULPT Rachel E (30)	
8:30-9:30am PILATES Lynda (30)	8-8:30am ◆CORE STRENGTH Michelle (30)	8-8:45am ◆HIITraining Michelle (30) - ARB	8:30-9:30am TONING RHYTHMS Michelle (30)	8:30-9:30am GENTLE YOGA Dawna (30) - Asmbly Rm	8:30-9:30am ZUMBA Selene (50)	10:15-11:15am ZUMBA Selene (50)
9-9:30am EXPRESS CYCLE Liza (12) - Cycle Room	8:30-9:35am ZUMBA Michelle (50)	8:30-9:30am PILATES Lynda (30)	9:45-10:45a TONE & STRETCH Michelle (30)	8:30-9:30am PILATES Marie (30)	⌚ 8:30-9:30am POWER CYCLE Rachel E (12) - Cycle Room	
9:45-10:35am MUSCLE CONDITIONING Liza (30)	9:45-10:45am PILATES Marie (30)	9:40-10:40am ZUMBA GOLD Michelle (50)		⌚ 8:30-9:30am POWER CYCLE Liza (12) - Cycle Room	9:45-10:30am TABATA Izy (30)	
11am-12pm PRIME TIME FITNESS Jenny (40)	11am-12pm PRIME TIME FITNESS Jenny (40)	10:50-11:50am YOGA - ALL LEVEL Deanna (30)	11am-12pm PRIME TIME FITNESS Jenny (40)	⌚ 9:45-10:35am ◆MUSCLE CONDITIONING Liza (30)	11-12pm YOGA - ALL LEVEL Rachel L (30) - Assembly Rm	
12-1:30pm ZUMBA GOLD & STRETCH Michelle (50) - Gym				10:50-11:50 YOGA - ALL LEVEL Deanna (30) - Asmbly Rm		
12:30-1:30pm GENTLE YOGA Deanna (30)	⌚ 12:15-1:15pm FOREVER FIT Liza (30)		⌚ 12:15-1:15pm FOREVER FIT Rachel E (30)	12-1:30pm ZUMBA GOLD & STRETCH Michelle (30)		⌚ 3:30pm-4:30pm HIITraining Jon (30)
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
4-4:45pm TOTAL BODY CONDITIONING Susan (30)	4-4:45pm ON THE BALL Susan (30)	4-5pm POWER ABS & ARMS Susan (30)	4-5pm ★POWER SCULPT Rachel E (30)		(#) Class Maximums	◆ New Class Name
5-5:30pm ◆CORE STRENGTH Amy (30)	5-5:45pm TONING RHYTHMS Michelle (30)	5:10-6:10pm 20/20/20 Rachel (30)	5:10-6pm PILATES SCULPT Liza (30)		★ NEW Class	Asmbly - Assembly Rm
5:40-6:25pm ◆HIITraining Amy (30)	6-6:45pm TOTAL BODY CONDITIONING Izy (30)	⌚ 6:20-7:20pm ZUMBA Selene (50)	6:10-7pm ★ZUMBA Michelle (30)		⌚ Time Change	ARB - Aerobics B
6:35-7:35pm ZUMBA Michelle (50)	6-7pm GENTLE YOGA Jocelyn (30) - Asmbly Rm	6-7pm BEGINNING YOGA Rachel L (30) - Asmbly Rm			GENERAL CLASS INFORMATION	
7:15-8:15pm YOGA - ALL LEVEL Rachel L (30) - Asmbly Rm	7-8pm PILATES Marie (30)	7:15-8:15pm YOGA - ALL LEVEL Rachel L (30) - Asmbly Rm			Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.	

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and/or cancellation. Please let the instructor know of any physical limitations or injuries prior to the start of class.

KIDDY KORNER HOURS: M-F: 8am-12pm & 4pm-8:15pm Saturday: 8am - 2pm Sunday: Closed

CLASS DESCRIPTIONS

20/20/20: Looking to improve your strength, flexibility, and achieve your desired weight? Try 20 minutes of cardio, 20 minutes of muscle conditioning and 20 minutes of core training/stretching. Designed to give an all-over workout and help achieve your fitness goals.

Core Strength: Help build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a solid foundation in this intense 30 minute class.

Express Cycle: Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

Forever Fit (formerly SilverSneakers): This class is designed for men and women 55+ years old or those looking for a gradual return to peak fitness levels. Consisting of a variety of exercises to improve balance, strength, and cardiovascular health which incorporates stretching, aerobics, and relaxation. Chair based exercises suitable for members that cannot stand or have some limitations in standing. A good starting point for members recovering from an operation or illness.

HIITraining - High Intensity Interval Training (HIIT) class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

Interval Training: High intensity cardio workout done by mixing spurts of aerobic cardio work with short periods of rest. Workouts can be modified to any level. Perfect for a beginner or an elite athlete.

Muscle Conditioning: A weighted workout set to the rhythm of music, this class will help you get a cardio workout along with strength and endurance through the use of dumbbells, bands, and a flex ball.

On the Ball: Strengthen and tone your core and key muscle groups in a fun, dynamic class using stability balls. You are guaranteed to have a ball and get a good workout in this class! This class will use balance balls of all three sizes.

Pilates: This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

Pilates Sculpt: Pilates principles and small apparatus such as bands, balls and weights are integrated to create a dynamic class that will strengthen your core and more! Bringing your own yoga/Pilates mat is suggested.

Power Sculpt: This class is designed to work your entire body through your core! The workout features alternating sequences of standing, kneeling and floor exercises, targeting multiple muscle groups at once, working multiple planes to target the smaller muscles that define your body that will result in balanced strength and a solid core!

Power Cycle: This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

PrimeTime Fitness: This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the Silver Sneaker program.

Tabata: Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

Tone & Stretch: This class blends lightweight toning & deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

Toning Rhythms: Take your toning conditioning to a whole new level! Choreographed to fun, upbeat, music each song will target a specific muscle group using light weights, resistance bands and small exercise balls to maximize toning and calorie burn. Mat work will also be included.

Total Body Conditioning: This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

Yoga-All Level: This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

Zumba: This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

Zumba Gold: This adaptation of a Zumba class brings the thrill of the dance party to a modified, low-impact environment for active adults who want to move at their own speed.